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Seres, Boils, or any other skin disease,

the Superior Blood-Purifier and Spring Medicine. Cures others,

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EXCURSIONS SANTA FE ROUTE.

Home seekers' excursion to Texas, Colorado, Few Mexico, Utah, Wyoming, Arizona, Idaho, Arkansas, Louisiana and southwest Missouri. Tickets sold October 9, good for twenty days. One fare, plus \$2.00 for the round trip. Santa Fe

The STATE JOURNAL'S Want and Miscellaneous celumus reach each working day in the week more than twice as many Topeks people as can be reached brough any other paper. This is a fact

One word describes it—"perfection. We refer to De Witt's Witch Hazel Salve, cures obstinate sores, burns, skin diseases and is a well known cure for piles. J. K.

For instance, Mrs. Chas. Rogers, of Bay City, Mich., accidently spilled scalding water over her little boy. She promptly applied De Witt's Witch Hazel Salves, giving instant relief. It's a wonderfully good malve for burnes, brnises, sores, and a sure cure for Piles. J. K. Jones.

Daily Mass Rectines. No Griping, no Nausea, no Pain, when De Witt's Little Early Rises are taken. Small Pill. Best Pill. Best Pill. J. K.

We put on new neckbands on shirts. Peerless Steam Laundry, 113 and 114 West Eighth strout

HEALTHFUL EXERCISE.

Simple Movements for Developing Physical Beauty and Strength.

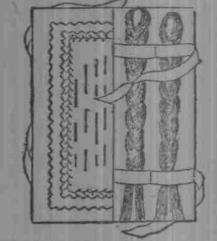
An eminent physician has said that An eminent physician has said that if the following three simple movements are executed vigorously every day for twenty minutes the effect in a year's time will be very apparent. Before going down to breakfust, open wide the window and for ten minutes go through the following exercises: First, stand perfectly straight, with heels together, and inflate the lungs with the pure morning air, drawing in the breath while fifteen is being the breath while fifteen is being counted and expelling in the same way. Repeat this eight or ten times Then bring the arms forward at full length with the palms together and then throw them vigorously back, try-ing to touch the backs. At first it will seem impossible, but after a few days' practice it can be done.

Do this from twenty-five to fifty times, then raise the arms above the head to the utmost, with the palms outward, and then lean slowly for-ward, keeping the knees perfectly straight, and try to touch the ground with the fingers. This, too, requires practice at first, but can be done after awhile. Then raise the arms gradually to the first position and repeat the movement twenty-five to fifty times. At night go through the same movements. This simple little exercise, if persisted in, will prove to be of inealculable benefit and restore young people to perfect health when medicine has failed to bring about the desired

DARNING COTTON BOOK.

A Handy Thing to Carry About in One's Tronk or Satchel.

The ever ready materials for "mending the holes and preserving the soles" encased in a compact form ashere illustrated, will be found particularly convenient to carry about in the satchel or for the big brother that is out of home reach. The dimensions of the book are six and a quarter by six inches.



FOR THOSE WHO DARN.

For the cover cut two pieces of eardboard the above size, cover them nextly with gray linen, fasten two bands of on the inside of the book to hold the send her washing to the city. She says gether .- Orange Judd Farmer.

Cucsuber Salad in Winter.

squeezed out of them with a clean white cloth. Then take a quantity of finely-cut onions and peppere an and mix them well into the encumber. Put the encumber remains fresh and good. When necessary add a little more vinegar, and always leave two inches of said to be almost equal to its use in the fresh state.

A Defense of Bot Bread. talk the same way about it. Dr. Troitzie, writing to a Russian medical ination he has found that new and unas the heat necessary to cook the bread ing down the chimney, has destroyed them all. After bread has been cut and allowed to stand around for awhile it quickly collects bacteria. as it is an excellent medium for them | the use of the knife and fork, ov, if she to thrive on. Wheat bread, he thinks, | does, scorns to make use of them. All gathers beeteria faster than rye, as the her food is spread upon the floor and latter has more acidity. Now all peo- eaten with the fingers, a practice which, ple who love hot bread can cat it with i in spite of numerous ablutions, still may not be quite as digestible as stale greasy. She eats frequently, more for brend, it is free from the bacteria, distraction than from hunger, and dewhich are making the world so uncom- vours fruit, sweetments and pastry befortable in these days. A little dyspepsia is better than the cholera.

Death to Insects. Insects may be destroyed with hot alum. Put it in hot water and let it boil until the alum is dissolved. Apply hot, with a brush, and all ereeping things are instantly destroyed without danger to human life or injury to property. Powdered bornx and granulated sugar, sprinkled in places infested by waterbugs or roaches, will exterminate

Alleged Tomb of Eve. The grave of Eve is visited by over forty thousand pilgrims each year. It is to be seen at Jeddah, in premetery outside the city walls. The tomb is fifty cubits long and twelve wide. The Arabs entertain a belief that Eve was the tallest woman who ever lived-

A DRESS REFORM WEDDING.

Oldest Living Actress.

dies' belongs to Mrs. Rachel Cantor. Mrs. Cantor is passing the declining years of her life in well earned freedom. In the colleges when women came in at from all material anxiety in the For- the front door lawlessness and vice went rest home in Philadelphia. Her eighty- out at the back door. So may it be in fourth birthday is at hand, but she is politics when the women are honored 84 years young rather than old and has recently been on her long annual sum- | Advocate, Spokane, Wash. mer visit to relatives and friends in and about Boston, making the trip quite unattended. She is an old time and warm friend of many of the veterans of the stage as well as the beloved patron saint of some of the younger school.

guest among others of Mr. Joseph Jefwas charmingly received one day of priviles her stay by Mrs. Grover Cleveland at enterta Gray Gables. Mrs. Cantor, who, by the Letter. way, is an aunt of Schator Cantor of New York, was a strikingly beautiful woman in her youth, and today she looks younger than many women of 60. Her hair is white, but it curls softly about her face. Her large, dark eyes retain much of their earlier brilliancy, her figure has lost little of its well rounded contour, and she carries herself with graceful dignity.

Modjeska In the Hitchen.

Mme. Modjeska was obliged to do golden brown ribbon nero a the inside her own washing when she first went vance of the election of delegates to the of one and the outside of the other to her remote California ranch to live. convention have pledged themselves to half, and over-hand the remaining The place was out of the way, and be- make woman suffrage a part of the new couple of leaves of light brown flannel not overmuch means with which to needles. Slip the darning cotton un- she used to get up at 5 o'clock in the derneath the bands on the opposite morning and wash until 5 o'clock at side. Decorate the cover with funciful night. Her husband, Count Bozenta, is gilt lettering and circles and the it to- a fine pianist, and several musical pea- Price's Baking Powder on the public. ple in the neighborhood used to come in in the afternoons to play with him. Modjeska, wishing to hear the music, Cucumber lovers will find a way to brought her washtub into the parlor enjoy them fresh out of season by fol- and continued operations there until lowing this German recipe to preserve "once," she says, "I splashed some soap I conneil dairy scholarships tenable to the them: Take as many medium-sized cu- suds on one of the musicians, after dairy county institute at Worleston, cumbers as you wish and pare and slice which they canceled my free pass, and Cheshire, England. them as if for salad and then salt them I had to listen to Beethoven in the well and after leaving them in the salt kitchen. When I finally secured a Chia few hours the salt and liquid are naman, there was great rejoicing at the include this year 14 of her own alumnar,

The hammock has ceased to be considered merely a summer accessory. It deprived. for you too. If you want some | oil at the top. Cucumber salad emale | is a useful article of house furnishing up-to-date, good printing send from the vegetable thus prepared is at any time in the year. Swung across Kimber have organized eight new one corner of the cozy sitting room, it Amendment Campaign clubs in Atchiproves a pleasant change to the restless invalid, who tires of the couch and easy Kan. chair. Coming in a pleasing variety of So much has been said and written colors as well as decorations, the hamabout the unhealthiness of eating hot | mock is ornamental as well as useful. bread that its lovers will be comforted. With it should go a number of down to know that the doctors do not all pillows covered with silk or linen and a Plymonth (Ind.) Democrat. light covering, such as a thin quilt or light wool afghan. In such a comfortaournal, says that after careful exam- | ble spot cue may spend many a restful hour, even though the wind goes whis- habit." cut bread contains no nitro-organisms. | tling around the house and comes bowl-

The Persian Woman.

The Persian woman does not know the comfortable feeling that, while it | leaves the hands of the fair one a trifle tween meals, washing them down with copious drafts of sherbet Altogether the fair Persian would seem to lead a particularly easy and aimless existence.

A. Woman's Discovery, The last communication which Helmholtz made to the Berlin Academy of Sciences, being Konig's study of the purple substance of the retina, contains the announcement of a discovery in physiological bptics made by Mrs. Christine Ladd Franklin-namely, that of the normal night blindness of the forea. The fovea is the central spot of the retina and is the point of most critical vision in ordinary light, but is now found to lack the property of adapta-tion to light of low intensity enjoyed by the retina generally.

That Coveted Privilege. Woman has fought her way into the

schools, the literary field and the trades, The distinction of being the oldest into clerkships, offices and business, but fiving actress and of having been in her she is still denied the one privilege and buy one of the ablest of 'leading la-duty which her special sphere best fits her for and her responsibilities most loudly demand—the right of suffrage. with the ballot.-Columbia Christian

A Berlin Woman's Club.

Under the auspices of Empress Frederick the first clubhouse for ladies has just been opened in Berlin. The name of the new organization is the Victoria During her eastern visit she was the club, and it is to be largely patterned after the Alexandria club of London. ferson at his Buzzards Bay home and Members of the club are to have the privilege under certain restrictions of entertaining in the clubhouse. - Berlin

Scotch Factory Girls.

Just think of it! Fourteen to 16 hours are a day's work for most girls employed in factories and shops in Scotland. Wages are often as low as 6 shillings (\$1.50) a week. We are glad to learn that there is a strong movement on foot for a mitigation of this sad state of affairs through legislation. - Morning

Another Suffrage Star.

Both political parties in Utah in admactically insures another state where women are the political equals of men.

Neither legitimate competition nor envious rivalry can shake the hold of Dr.

Miss Salmon, Miss Worthington, Miss Platt, Miss Bate and Miss Kelfa have been awarded by the technical instruction committee of the Cheshire county

Vassar college's 47 instructors will

ranch. We celebrated his arrival with some of whom have been added this a grand dinner and special concert, year. These are the instructors in Since then I have never had occasion to mathematics, Latin and English and the assistants in biology.

second service gladdening the sick and

Mrs. Ruth F. Durgan and Miss Helen son, Doniphan and Cherokee counties, Mrs. Daniel McDonald, first vice pres-

ident of the Northern Indiana Editorial association, helps her husband edit the

Bievele girls do not speak of their "bloomers" now, but say "my wheel

Lady Colin Campbell is to be editor of a new journal for workingmen.

It Makes Talk.



She- -Do you like to hear piano playing? He-Very much. It's such a promoter of conversation .- Truth.

Striking. Jim-What's the difference between you and those cocktails? Jack-I don't know.

again .- Yale Record. Spectacles and eyegiasses, 25 cents.

Jim-The cocktalls will never be drunk

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Opposite Transfer Station.

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Topeka, Kausas,

GETTING EVEN.

A Grocer Who Had the Tables Turned on Him.

734 KANSAS AVENUE.

The wholesale grocer had the self made man's reverence for the excellent habit of punctuality. He was always at his desi: when the clock struck 8, and he expected his young men to be as prompt as he was. His favorite clerk was somewhat of an

amateur sport, and 8 o'clock in the morning was often too early for his comfort. His charming personality, undoubted business abilities and success as a salemnan placed him high in the estimation of his employer, who overlooked his slight but frequent digressions from the straight path of punctuality oftener than he did with the other clerks and salesmen.

But the favorite presumed too far, and space together on the back. Attach a sides that Modjeska was poor and had constitution of the state of Utah. This severely to usk. If you are not on time tomorrow," said the wholesale groose at the end of the lecture, "I will send a cab for you and charge the expense to you.

The next morning was the morning after a prolonged game of penny ante, and the favorite clerk did not roll out of bed until 8 o'clock. He had forgotten the lecture and was idling with his second cup of coffee when a cab drove furiously up to the door, and the office boy, with a broad grin, jumped out and ran up the steps, Grabbing another man's but and forgetting that he still had his slippers on, the young man rushed out of the back door,

through the alley and caught a car. The cab came back without him, for he had reached the office first, and the \$2 for cab hire was charged up against him.
The success of the new rule passed the wholesale grocer's expectations. The cab has never been sent again for the favorite

clerk, and now that rule is posted on the walls of the office. egar, and on top two inches of good salad oil; cover the top of the jar with a bladder. During the whole winter

Without trace or taint of adulteration of a "winter flower mission" which make-up the ideal of perfect purity.

Some Boston clubwomen are talking overslept himself, His desk was unopened of a "winter flower mission" which minutes grace was given to the costly and beautiful minutes grace was given. the cab drew up and the office boy stopped to the sidewalk. The clerks had hard work to keep their faces straight when the old man entered the office at 8:30 o'clock. He said nothing, but when the cashier presented him with his weekly personal account he O. K.'d the item "to cab him for being late, \$2," with some thing like a mild grin.-Chicago Record.

Clever.

An actor now famous made his first appearance on the stage in a provincial city. He was young and nervous and failed dismally in the part he was trying to present and soon found himself the tar-get for an assortment of disagreeable brica true. One of his disgusted auditors lings a cabinge head at him. As it feil on the stage the actor picked it up and stepped forward to the lights. He raised his hand to command silence, and point-ing to the cabbage head said:

"Ladies and gentlemen, I expected to please you with my acting, but I confess I did not expect that any one in the audi-ence would lose his head over it. He was allowed to proceed without further molestation. - Tit-Bits.

A Remarkable Achievement in Rail-road Affairs

Was the running of the Exposition flyer, the famous twenty hour train between Chicago and New York, via the Lake Shore route, in service during the World's fair. A handsome litho-water-color of this train may be secured by sending ten cents in silver to C. K. Wilber, Western

Passenger Agent, Chicago. Silver Leaf vinegar remains in the front. It is the best table and pickling vinegar. Ask your grocer for it and take no other. It is the cheapest.

The STATE JOURNAL'S Want and Miscellaneous columns reach each working day in the week more than twice as many Topeka people as can be reached through any other paper. This is a fact.

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> \$1,29. Holton and Return, Rock Island Route.



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